

Get outside. Breathe
fresh air and feel
sunshine on your face.

Exercise. Run around the block, ride a bike, do five pushups, jump rope, skateboard, play Wii . . . you can even help someone carry groceries. Anything that raises your heart rate will help reduce stress.

Laugh. Take a few minutes to read a funny book or comic, watch a favorite cartoon, or just act silly with a sibling.